

5 A Day Recipes

Soups and Salads

Cucumber Raita Salad

Serves 4

Provides 1 vegetable serving per person

Spicy foods wakes up your senses-but when you need something to douse the fire, try this cooling cucumber salad from India. Start with an English cucumber, cut into thin sticks to make 3 cups. Add $\frac{1}{4}$ cup of finely chopped green onions and 1 tablespoon each of chopped cilantro and mint. Make a dressing with $\frac{1}{2}$ cup plain low-fat yogurt, 1 tablespoon lime juice, cumin, ground coriander, and a dash of white pepper and salt. This is a wonderful companion to any hot and spicy dish-such as Vindaloo curry. It also adds a generous serving of vegetables to help you reach your goal of healthy eating.

- 1 English cucumber
- 3 green onions, finely chopped
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped spearmint
- $\frac{1}{2}$ cup plain low-fat yogurt
- 1 tablespoon lime juice
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper

1. Wash the cucumber and partially peel in long strips, leaving alternating stripes of green skin and white flesh. Cut lengthwise into long thin slices, then across into matchsticks.

Combine with the green onion, cilantro, and mint in a large bowl.

2. Whisk the yogurt, lime juice, cumin, coriander, salt, and pepper together to make the dressing. Toss with the vegetables and let sit for 10 minutes to marinate. Serve with any hot dish to cool your burning mouth!

Nutritional Analysis per serving:

38 calories

1 g fat

17% calories from fat

0 g saturated fat

0% calories from saturated fat

6 g carbohydrates

166 mg sodium

1 g dietary fiber